



TOP TEN TIPS FOR A HEALTHY BABY

1. SEE A DOCTOR OR VISIT A CLINIC AS SOON AS POSSIBLE & KEEP ALL YOUR PRENATAL CARE APPOINTMENTS

To give your baby the best possible start in life, see your doctor or visit a clinic as soon as you think you are pregnant. By keeping all of your prenatal care appointments, you can increase your chances of having a healthy baby and a healthy pregnancy.

2. DON'T SMOKE, DRINK OR DO DRUGS

Stay away from smoking, drinking and drugs. If you need help quitting, your doctor, nurse, midwife or counselor can help you or refer you to someone who can. Confidential help is available.

3. GET HEALTH COVERAGE FOR YOU AND YOUR BABY

There are state programs that can help you pay for prenatal care services.

- **Medi-Cal** – Provides health coverage for low-income California residents and offers special services for pregnant women through programs like Presumptive Eligibility (P.E.) and the Comprehensive Perinatal Service Program (CPSP). P.E. offers eligible pregnant women immediate access to prenatal care. CPSP provides important information about nutrition, breastfeeding, well-baby care and childbirth classes. Ask if your health care provider offers these programs. A mail-in application is available for pregnant women and their children.
- **Access for Infants and Mothers (AIM)** – Offers low-cost health insurance for pregnant women and their infants.

4. EAT HEALTHY FOODS

Eat a variety of healthy foods and drink plenty of fluids, like water, juice and milk. Be sure to stay away from alcohol and drinks with caffeine, like soda, coffee and tea. Follow your health care provider's recommendations about a healthy diet and take prenatal vitamins and certain supplements, like folic acid, that may reduce your baby's risk of some birth defects.

- **Women, Infants and Children (WIC)** – Provides nutrition services and special food vouchers to qualifying families.

5. ASK YOUR DOCTOR BEFORE TAKING ANY MEDICATION

It's important that you ask your health care provider about all medicines, home remedies and over-the-counter pills. Some may not be safe for you and your baby during pregnancy.

6. GET THE SUPPORT YOU NEED

Ask your baby's father, your family and friends for support. Your health care provider also can tell you about childbirth and prenatal care classes, and helpful programs in your area.

7. KNOW THE WARNING SIGNS AND WHAT TO DO

There are warning signs that will let you know if something is wrong with your baby. It's important that you talk with your health care provider about what to look for. Some signs to watch for include menstrual-like cramps, low, dull backache, pelvic pressure (feels like the baby is pushing down), abdominal cramping, increase or change in mucous vaginal discharge, vaginal bleeding, blurry vision, dizziness, lightheadedness, persistent depression, or chills and fever. If you experience any of these symptoms, **contact your health care provider immediately.**

8. GET REGULAR EXERCISE, REST AND RELAXATION

Regular exercise, rest and relaxation are important when you are pregnant. By exercising, you can improve your energy level, help ease common pregnancy discomforts like constipation and backache, and reduce stress. Before you start an exercise program, be sure to check with your health care provider. Also, try to get eight hours of sleep every night and relax as often as possible.

9. BREASTFEED YOUR NEW BABY

Breastfeeding is usually one of the best things you can do for you and your baby. Breastmilk provides all the nutrients that babies need for the first six months of their life and guards against many illnesses and allergies. Also, breastfeeding can help build a special closeness with your baby. If you have questions about breastfeeding, ask your health care provider, WIC clinic or LeLeche League.

10. GET YOUR NEW BABY CARE

Be sure your new baby has health coverage. Medi-Cal and Healthy Families offer free and low-cost health coverage. Schedule follow-up appointments with your health care provider for you and your new baby. Take your newborn for regular check-ups and get your baby the proper immunizations. This will decrease the chance of your baby getting a potentially fatal childhood disease. Ask your health care provider if you have any questions.

Important Numbers To Assist You

AIM (Access for Infants and Mothers): Provides low-cost health insurance to pregnant women and their infants.	1-800-433-2611
BabyCal (Medi-Cal Information): Prenatal care and referral information to programs that can help pay for care.	1-800-BABY-999
Bilingual Shelter for Victims of Domestic Abuse Hotline: Provides information and support in English and Spanish to victims of domestic abuse.	1-800-799-7233
California Department of Social Services: General information, community resource referrals.	1-800-952-5253
California Early Start Program: Referrals for early intervention services for infants and toddlers with disabilities.	1-800-515-2229
Family Planning Referral Service: Referrals to local family planning service agencies.	1-800-942-1054
Healthy Families Program & Medi-Cal for Children and Pregnant Women Mail-in Application: Low-cost and no-cost health care coverage.	1-888-747-1222
La Leche League: Information and support for women who breastfeed their babies	1-800-525-3243
California Smokers Helpline: Telephone counseling and information on quitting smoking are available without charge.	1-800-NOBUTTS
Substance/Alcohol Abuse: General and prenatal care program information, community resource referrals.	1-800-879-2772
WIC (Women, Infants and Children): Provides nutritional information and certain food vouchers.	1-888-WIC-WORKS (1-888-942-9675)